Kindness, compassion, charity—or pure love—these are qualities we are taught to share with others in building a community of care. But what about with ourselves? In her fourth book, a poignant and mindful memoir, Author Loretta Boyer McClellan tells us for the first time of her journey with an aggressive, serious illness, a re-discovery of wholeness, and what it means to love ourselves unconditionally. Through an artist’s perspective, readers join in a personal and insightful narrative of trial and triumph, connection and clarity, framed by the beauty of nature, and the wonders of our natural state of being—living our inner truth and embracing our authentic self. This special edition offers cover art designed by the author-artist, and a bonus section of guided meditation and poetry.